

Your feelings are normal; the situation is not. <u>Tools</u> for managing emotions and building resilience.

Do one thing each week, just this **one thing**, for peace of mind and heart

Headspace and **Calm**: great apps for meditation and relaxation

In praise of *gratitude*

Create space for perspective. **Stop, breathe, think**

Take time to find calm in the storm

Stress relief for *mind and body*



